



# Pain management

w/ the Foam Roller & More!

Wednesday, June 23rd

**\$15**

foam rollers  
with purchase of  
workshop!

reg. \$24

6-7:30pm  
\$25 member  
\$30 non

in Martial Arts  
Room

Do you deal with chronic, nagging muscle pain or tightness in the body? Are you starting a training program only to find yourself too sore to continue? Let Rachael Bercey, Castle Hill massage therapist, take you through a number of exercises and stretches that can ease your pain and keep you working out! Using your foam roller and other tools like back knobbers, tennis balls, etc, Rachael will show you how to manage your pain and provide you tools to keep pain at bay.

This workshop is great for anyone dealing with low back pain, shoulder and neck pain, leg strains, headaches or general aches and pains! Come wearing comfy clothes and with foam roller in tow.

## about Rachael

Rachael specializes in neuromuscular therapy, deep tissue sports massage, and myofascial and trigger point therapy. She received massage training in a nationally accredited 750 hour program at the New Mexico School of Natural Therapeutic in 2001. In order to understand the process of injury more clearly and how to educate the client about how to help themselves, Rachael earned her Personal Training certification from the National Academy of Sports Medicine in 2007. She is a self-proclaimed education junky who enjoys painting, exercising, and spending time with family. Before becoming a massage therapist, Rachael was a middle school teacher for ten years and in the Peace Corps in Costa Rica.

